Courgette Pancakes

Serves 12

For the pancakes:
3 medium courgettes, grated
1 large egg, beaten
½ cup (60g) buckwheat flour
½ cup (70g) feta cheese, crumbled
3 spring onions, chopped
5 sprigs dill, chopped
1 tsp. baking powder
½ tsp. salt (plus extra ½ tsp. salt for extracting moisture from courgettes)
2 tbsp. olive oil
1 tsp. ground black pepper

For the sauce:
⅔ cup (160g) Greek yogurt
2 cloves garlic, minced
½ tsp. salt

What you need to do

Place the courgettes in a colander over a large bowl, and mix with ½ teaspoon of salt. Allow to drain for five minutes, then transfer onto a kitchen cloth, and squeeze to extract as much moisture as possible (the courgette will shrink to about half the size).

In a large mixing bowl, combine the zucchinis with the egg. Add the buckwheat flour, ½ teaspoon of salt, feta cheese, spring onions, dill, baking powder and ½ teaspoon of freshly ground black pepper. Mix well to combine thoroughly.

Heat 1 tablespoon of olive oil in a large, non-stick frying pan over medium heat. Fry the first batch of the pancakes by placing heaping tablespoons of the batter into the pan. Do not be tempted to add too many pancakes at once as they will stick together.

Fry until golden on one side for about 6-7 minutes, then turn and fry again until golden on the other side. Repeat the process with the remaining batter, adding a little oil to the pan as you go to keep the pancakes from sticking.

In a small bowl, combine the yogurt, garlic and salt. Mix well, and serve alongside the pancakes.

Tip: The batter should make 12 pancakes, 3 per portion.

| GF | DF | LC | MP | V |
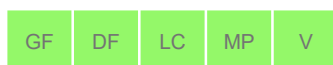
Prep	Cook	Kcal	Fats(g)	Carbs(g)	Protein(g)
10 mins	20 mins	236	14	19	12

*Nutrition per serve

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